



roth living

Internal Temperature Guide

PRODUCTS	RARE	MEDIUM	MEDIUM WELL	WELL DONE
Beef Cuts	120-128°F	135-144°F	145-154°F	155°F & Up
Ground Beef		155°F	165°F	
Lamb	115-124°F	135-144°F	145-154°F	155°F & Up
Pork	135°F	155°F	160°F	
Ground Pork		165°F		
Chicken Breast		155°F		
Chicken Thighs/Legs		165°F		
Ground Chicken		165°F		
Turkey Breast		155°F		
Turkey Legs		165°F		
Ground Turkey		165°F		

Temperatures

RARE: red with a warm center

MEDIUM RARE: red with a hot center

MEDIUM: pink from edge to edge

MEDIUM WELL: pink center

WELL: no pink, but moist